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***Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include: - 80 lightly-lined writing pages provide plenty room to capture your thoughts - 40 expression pages for jotting down personal reflections, quotes, poems or sketches - 40 professionally illustrated adult coloring images of varying difficulty - High quality 70# paper Each topic is available in different coloring image themes and a wide array of beautiful covers. Covers the conventions of the Federation of paint and varnish production clubs and of the National paint, varnish and lacquer association. Providing practical guidance based on real-life examples, this book shows researchers different forms and ways of keeping a research journal and how to get the most out of journaling. Appealing to postgraduate students, new and experienced researchers, the book: •provides a theoretical grounding and information about knowledge and sensory systems and reflexivity; •presents a practical exploration of what a journal looks like and when and how to record entries; •includes helpful end-of-chapter exercises and online resources. Providing valuable food for thought and examples to experiment with, the book highlights the different forms of research journals and entries so that readers can find what works for them. Giving researchers licence to do things differently, the book encourages and enables readers to develop their own sense of researcher identity and voice. This book 'Operations Research: Theory and Practice' provides various concepts, theoretical and practical knowledge and develops the techno-managerial skills in the field of engineering. All the angles and approaches of operations applicable to both industrial and institutional needs***

*are presented. It also provides an insight into the historical development of Operations Research. Examples and problems from usual situations that occur in industries are presented wherever necessary. Please note: Taylor & Francis does not sell or distribute the Hardback in India, Pakistan, Nepal, Bhutan, Bangladesh and Sri Lanka. Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include: - 80 lightly-lined writing pages provide plenty room to capture your thoughts - 40 expression pages for jotting down personal reflections, quotes, poems or sketches - 40 professionally illustrated adult coloring images of varying difficulty - High quality 70# paper Each topic is available in different coloring image themes and a wide array of beautiful covers. Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include: - 80 lightly-lined writing pages provide plenty room to capture your thoughts - 40 expression pages for jotting down personal reflections, quotes, poems or sketches - 40 professionally illustrated adult coloring images of varying difficulty - High quality 70# paper Each topic is available in different coloring image themes and a wide array of beautiful covers. A Book of Shadows is a journal where witches record their spells--and this keepsake one, by the authors of Wiccapedia, accompanies that stylish guide. It features basic information distilled from Wiccapedia on spells, key herbs and crystals, moon phases and magick, and more. In the journal portion, witches can note the details of their spellcraft, including the date, ingredients, phase of the moon . . . and results. Protect yourself during your divorce Alleviate stress and take control of your divorce Coping with divorce can be an extremely stressful time in life. If the divorce is high conflict and involves children, the stress can be greater. If you are trying to deal with a difficult or toxic ex, you may wonder what you can do. To help alleviate this stress, many lawyers recommend tracking any meetings with the ex. This journal will help keep track of the pertinent details of meetings with the ex, especially when you need to exchange the children. Inside you can: - record dates and times for future meetings - provide a record of meetings and any problems at those meetings - write down the actual time the ex arrived - keep track of changes made - keep track of details of the meeting - catalog any video or pictures taken. Love books? Then indulge your passion in this journal! Along with space to record your thoughts on 100 books, it offers a monthly book challenge, a wish list of books to read, suggestions for don't-miss classics, and book-club questions. Plus, there are fun lists to fill out with your 10 favorite characters, favorite childhood books, 10 books you'd bring to a desert island, and more. Old-House Journal is the original magazine devoted to restoring and preserving old houses. For more than 35 years, our mission has been to help old-house owners repair, restore, update, and decorate buildings of every age and architectural style. Each issue explores hands-on restoration techniques, practical*

*architectural guidelines, historical overviews, and homeowner stories--all in a trusted, authoritative voice. Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include: - 80 lightly-lined writing pages provide plenty room to capture your thoughts - 40 expression pages for jotting down personal reflections, quotes, poems or sketches - 40 professionally illustrated adult coloring images of varying difficulty - High quality 70# paper Each topic is available in different coloring image themes and a wide array of beautiful covers. The chronicle of Fray Francisco Atanasio Domínguez's remarkable 1776 expedition through the Rocky Mountains, the eastern Great Basin, and the Colorado Plateau to inventory new lands for the Spanish crown.... Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include: - 80 lightly-lined writing pages provide plenty room to capture your thoughts - 40 expression pages for jotting down personal reflections, quotes, poems or sketches - 40 professionally illustrated adult coloring images of varying difficulty - High quality 70# paper Each topic is available in different coloring image themes and a wide array of beautiful covers. This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely. THE NEW YORK TIMES BESTSELLER Transform your life using the Bullet Journal Method, the revolutionary organisational system and worldwide phenomenon. The Bullet Journal Method will undoubtedly transform your life, in more ways than you can imagine' Hal Elrod, author of The Miracle Morning In his long-awaited first book, Ryder Carroll, the creator of the enormously popular Bullet Journal organisational system, explains how to use his method to:*

*\* TRACK YOUR PAST: using nothing more than a pen and paper, create a clear,*

*comprehensive, and organised record of your thoughts and goals. \* ORDER YOUR PRESENT: find daily calm by prioritising and minimising your workload and tackling your to-do list in a more mindful and productive way. \* PLAN YOUR FUTURE: establish and appraise your short-term and long-term goals, plan more complex projects simply and effectively, and live your life with meaning and purpose. Like many of us, Ryder Carroll tried everything to get organised - countless apps, systems, planners, you name it. Nothing really worked. Then he invented his own simple system that required only pen and paper, which he found both effective and calming. He shared his method with a few friends, and before long he had a worldwide viral movement. The system combines elements of a wishlist, a to-do list, and a diary. It helps you identify what matters and set goals accordingly. By breaking long-term goals into small actionable steps, users map out an approachable path towards continual improvement, allowing them to stay focused despite the crush of incoming demands. But this is much more than a time management book. It's also a manifesto for what Ryder calls "intentional living": making sure that your beliefs and actions align. Even if you already use a Bullet Journal, this book gives you new exercises to become more calm and focused, new insights on how to prioritise well, and a new awareness of the power of analogue tools in a digital world. \*\*\* This book has been printed with three different colour designs, black, Nordic blue and emerald. We are unable to accept requests for a specific cover. The different covers will be assigned to orders at random. \*\*\* Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include: - 80 lightly-lined writing pages provide plenty room to capture your thoughts - 40 expression pages for jotting down personal reflections, quotes, poems or sketches - 40 professionally illustrated adult coloring images of varying difficulty - High quality 70# paper Each topic is available in different coloring image themes and a wide array of beautiful covers. This is a perfect funny journal that you can use to your meetings or work. It would make a great gift for a co-worker or your boss. This is great as a journal or notebook to write down your ideas, track projects or take notes of your meetings. Great gift idea for your co-workers, friends or family who like sarcastic jokes. It can be used as a journal, notebook or just a composition book About the book: 6 This 14er Logbook Journal for mountain climbing and hiking enthusiasts is printed on high quality interior stock and professionally bound with a premium matte cover. Each spread contains prompts and information to help you document your journey, a section for notes, and plenty of room to write. Including a place to record the date, weather, location, elevation, time, distance, latitude/longitude, the peak, range, conditions, difficulty level, route taken, trail features as well as a place to document information about fees, parking, shuttles, etc. With several additional prompts for journaling and plenty of space for notes, this conveniently sized guided journal is a 14er memory book and makes great hiking gifts! FEATURES: A 6" x 9" travel size for your bag or pack Premium Matte Soft Cover A Bright White Interior Stock Perfect Binding 101 pages (50 pages front and back) INCLUDES PROMPTS FOR: Date Weather*

*Start/End Time Elevation Info Distance Hiked Latitude/Longitude The Peak, Range, & Conditions Difficulty Level Mobile Phone Reception and Carrier Info Trail Features Fees Parking Shuttles Generous space for Notes & Journaling This journal makes a beautiful gift for yourself or for a friend who loves writing. The notebook is ideal for school notes, office use, personal journaling and other writing needs. This journal is great for taking notes, jotting ideas, doodling, use for a journal, or making a to-do list. Perfect for writing down your hopes and dreams, wishes and prayers, meditations and inspirations. 120 pages of lightly-lined, crisp white paper. Optimal size 6x9 inches and 120 page count makes it not too small and not too big - it will fit in your bag so you can always take it with you. Add To Cart Now Product Description: 6 x 9 inches 120 blank lined pages Wide Ruled Cover soft, matte High quality paper Sturdy glued binding Ezra George Huntley, a 39-year-old family man from Marlow, New Hampshire, volunteered to serve in the last nine months of the American Civil War, and was witness to the battle that ended the ten-month siege of Petersburg, Virginia in April 1865. During that time, he kept a faithful journal, offering insightful, down-to-earth, compassionate, and often wry observations about the hardships and vagaries of war. His story is captivating and reveals a soldier who obeyed orders and accepted the work assigned to him without complaint, all while maintaining his core values and dignity, and clinging steadfastly to the belief that we should have "nothing short of Union". While doing research for the 2019 Marlow Village Cemetery Bicentennial Walking Tour, the Marlow Historical Society discovered that the original journal: "A true Copy of the Journal of Corp. Ezra G. Huntley, Co A, 18th Regt., N.H.V., Copied from the Original by himself, July 1895", was stored in the archives of the Rauner Special Collections Library at Dartmouth College. The Society was able to obtain a copy, thanks to the assistance of Dr. Morgan R. Swan, Special Collections Education & Outreach Librarian. The journal has now been transcribed from the original cursive version through the combined efforts of Society members and local historians. This publication also includes a foreword by historian Tracy Messer with comprehensive information about the life and ancestry of Corp. Ezra G. Huntley, further connecting his story to the history of Marlow. Keeping a journal for Child Custody. Getting a divorce is often a complicated process, which becomes even more complicated when there are children involved. By keeping a journal for child custody, you will smoothen the entire process, and reduce the stress involved on you and your child. The journal will also be extremely useful to your attorney, and will often be used by the court to help with the process. Documenting the process should become a habit; and this journal is the ultimate tool to developing this habit. EVERYTHING that happens to your child, whether good, bad, or neutral should be recorded and dated. Ones memory will often fail to hold up in court when in court or mediation in regards to child custody. What this journal contains: Visitation planner: The visitation planner at the beginning of the diary contains space for you to quickly plan your visitations. This information is crucial for keeping to agreed upon times and dates and should be recorded as soon as each agreement is made, to avoid any later disputes. Input sections for: Date Pick up and drop off time Pick up and drop off location Communication Log: A communication log is one of the most important aspects of keeping a journal for child custody. It ensures that you are protected and prepared for all agreements and conversations*

*that will happen between the other parent, lawyer etc. Inputs include: Time, date, start time and length of conversation Nature of the conversation, who initiated it, what was covered Main points raised Additional information Visitation log: Visitation is often one of the trickiest parts of managing child custody. The visitation log in this journal is designed to ensure both parties uphold their agreements that were made in regards to visitation, and that the child's best interests are kept at the forefront of the agreements. Other notes: A section for any other notes related to child custody. Remember: everything related to this process should be recorded. Any information that may not fit into the other sections should be written here. It may include things such as your child's mood after a visit, something your child says about their other parent etc. This section will be used almost every day used correctly, with each note dated as instructed. If any other sections should run out, continue to use this section. Tips for keeping this journal: As well as the information included above, the journal contains tips about how best to keep this journal. Book Features: 8.5 x 11 inch in size 120 total pages - Multiple 'sections' per page (Should last around 1 year) Perfect bound with a beautiful soft matte cover Printed on white bleedproof paper Durable Tips for keeping a child custody journal Remain Balanced - stay objective: While you want to do everything you can to get custody of your children, make sure you also write down the good things the other parent does. Remember, this is about what is best for your children, not what is best for you or for the other parent. NEVER LIE OR FALSIFY INFORMATION or you will ultimately lose the battle in court. Include Smaller Details Don't forget to include the smaller, everyday details with your custody journal. Specifically, you'll want to take note of: Comments your child makes about the other parent (Positive and negative) Created by Book Riot, an online destination devoted to people who live to read, this smartly designed reading log consists of entry pages to record stats, impressions, and reviews of each book you read. Evenly interspersed among these entry pages are 12 challenges inspired by Book Riot's annual Read Harder initiative, which began in 2015 to encourage readers to pick up passed-over books, try out new genres, and choose titles from a wider range of voices and perspectives. Indulge your inner book nerd and read a book about books, get a new perspective on current events by reading a book written by an immigrant, find a hidden gem by reading a book published by an independent press, and so much more. Each challenge includes an inspiring quotation, an explanation of why the challenge will prove to be rewarding, and five book recommendations that fulfill the challenge. This Cover design is Now Available as a Dotted, Medium Ruled, Plain and Squared Notebook! Click the Valentine's Dream Publishing Co. author name link above to check it out! Whether you need a daily task planner, mapping your next trip, or jotting down a simple grocery list - this little book is the perfect one for you. Perfectly sized to tuck in a pocket or a bag, this ledger is an excellent companion for serial list-makers. It is the perfect small utility pocket notebook. This stylish and practical 6 x 9 inch (15.2 x 22.8 cm) format Medium Ruled Notebook is a top-quality product for the creative professional or anyone who wants to live outside the lines. Our notebooks are the perfect daily journal or task planner for working professionals, creatives and college students. All lines and dots in the notebook are dark grey, instead of black, so they are less distracting. Functional size: We designed this notebook with the ideal size for all purposes, fitting perfectly into your satchel or*

*briefcase. Great for taking notes at conferences or for simply jotting down ideas while traveling! Reliable standards: Tough glossy paperback. Crisp white paper. Use it with any writing instrument: fountain pen, gel pen, ballpoint pen, and premium pencils. All lines in every page are in compliance with Medium Ruled (College Ruled) paper standard, which has 9/32 inch (7.1 mm) spacing between horizontal lines. You can use this notebook anywhere, whether sitting or standing. This notebook is for the person who needs a high-quality notebook with features that enable them to draw, write, or plan. This Notebook Journal features include: Dimensions 6x9 inches (15.2x22.8 cm); Cover Thick Cardstock Glossy Beautifully Designed Cover; 120 College-ruled Pages (Medium Ruled); Owner Info page; An International Holidays calendar for your next wonderful trip; A really useful Metric & Imperial Conversion Charts page with a cm/inches ruler. Journals and notebooks are the perfect gift for any occasion. This Valentine's Day Couple Co Journal would make a perfect gift to yourself or for your hardworking ideas friends or colleagues. Our Notebooks are perfect for: Birthday Gifts Christmas Gifts Gifts for Graduating Students Co-worker/Boss Gifts Journals & Planners Doodle Diaries Gift Baskets & Stocking Stuffers And much more... This book is a perfect gift for anyone who got married in the past year and is celebrating their first Valentine's as a wife. Welcome the cherubs in style with this great notepad design. Your groom is your manager now! You'll always love him! First Valentine's as Wife Married Couple Valentine's Day Gift Notebook. Check our brand and pair this notepad with the husband's one for a complete couple gift! Durable and elegantly designed, this diary is sure to be a treasured addition to any desktop, bedside or bookshelf! We hope you'll enjoy our journals! To discover more planners, guest books and notebooks, just click the Valentine's Dream Publishing Co. link above. Excerpt from Journal of the Co. Kildare Archaeological Society and Surrounding Districts, Vol. 4: July, 1903-1905 Do not hold themselves answerable for statements put forward in this journal; the responsibility rests entirely. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works. David Dewey has compiled the most comprehensive book on watercolors featuring modern materials and methods for mastering this medium. In this complete introduction, you will learn how to handle watercolors effectively by becoming acquainted with the essentials of theory, technique, practice, and design principals. Unfold the tricks behind: Choosing the right materials and tools, along with discerning differences between brands Mastering basic skills, such as composing, rendering shadow and light, and perspective Understanding color theory, harmonies and chords, progression perception, and illusion Painting still life, figure, landscape, and architecture subjects to scale Incorporating mixed media including gouache, colored pencil, pastel, and collage Dewey's detailed instruction makes this beguiling medium accessible as never before. As visual artists can learn much from examining good art, he*

*includes a rich, full-color array of his own work in addition to a variety of classic works accompanied by his analysis. The Watercolor Book has been a requisite guide for serious watercolor painters and educators since its initial publication in 1995. David Dewey has regularly exhibited his watercolor paintings throughout the United States for over 30 years. His work is included in many major museums, such as the Newport Art Museum and Portland Museum of Art, and in private collections. He has had a long successful teaching career, having taught at Parson's School of Design, The National Academy of Design School, and The Lyme Academy College of Fine Arts. Dewey also conducts popular watercolor workshops in New England, New York, and Europe. David Dewey and his wife Kathy divide their time between their homes in Blirstown, New Jersey and Owl's Head, Maine. The ABA Journal serves the legal profession. Qualified recipients are lawyers and judges, law students, law librarians and associate members of the American Bar Association. This 150 page, 6x9 edition works wonderfully as a journal, a diary or as a notebook for work. It's smaller size allows for ease of use and travel. The matte finish makes for a good grip while on the go. It's perfect for recording notes on your stargazing sessions, nature hikes, camping trips or any adventure you choose. It also makes a great gift for your coworkers. The ABA Journal serves the legal profession. Qualified recipients are lawyers and judges, law students, law librarians and associate members of the American Bar Association. From the same ink artist and original publisher who brought you SECRET GARDEN and ENCHANTED FOREST (both international bestsellers), comes an exciting new coloring format: the poster book. Over-sized, printed on a single side on extremely thick card stock of 400 gsm, and easy to pull out for framing, SECRET GARDEN: THE ARTIST'S EDITION provides larger spaces for an easier coloring experience. This poster book features 20 enlarged designs from Johanna Basford's first book, SECRET GARDEN, currently a #1 New York Times Bestseller.*

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